# GOOD IDEAS – June 2005

# Family Programs (FP) Good Ideas

## **CONUS LOCATIONS:**

Location: Fort Benning

Name of Activity: Marriage Retreats

**Description:** The Army Community Service Family Advocacy Program formed a partnership with the Chaplains to sponsor seven Marriage Retreats focusing on building a successful marriage, anger control, conflict resolution, and reunification after deployments. The retreats were very successful and will continue as part of the prevention and education of domestic violence. The retreats were held at the installation Uchee Creek MWR Camp site, Callaway Gardens in Pine Mountain, Georgia, and the MWR location in Destin, Florida.

Installation POC: Marilyn Wallace (wallacem@benning.army.mil)

Name of Activity: Hotline for Heroes

**Description:** During the deployment, ACS established a "Hotline for Heroes", a direct telephone line, staffed 24/7 with community volunteers, to provide immediate attention to deployed Soldiers and help them address family concerns and issues. This served as single point when calling the States. It was very well received and will be used for future deployments.

Installation POC: Marilyn Wallace (wallacem@benning.army.mil)

Name of Activity: YS Skateboard Competitions

**Description:** Youth in categories from 10-12 years; 13-15 years; and 16-18 years participate in formally organized skateboard competitions where they can demonstrate their skateboarding technical skills. Prizes included a new skateboard and clothing items.

**Installation POC:** Linda Laine (lainel@benning.army.mil)

Name of Activity: Spouses night out

**Description:** Spouses night out is a monthly event sponsored by ACS in conjunction with DMWR. Spouses of deployed personnel have a chance to get the much needed alone time while knowing the children are well taken care of by professionals. Spouses can register their children by contacting their FRG Assistant or FRG Leader and they need to provide a current/updated shot record.

Installation POC: Kay Elliot (elliotk@benning.army.mil)

## Location: Fort Bliss

Name of Activity: Family Readiness Center

**Description:** While still a work in progress, the Family Readiness Center for the 108<sup>th</sup> BDE is available for Soldiers and family members throughout the brigade. There is a conference area for meetings, a big screen television with stereo, VCR and DVD players for movies or videos from deployed Soldiers. There are five separate computer stations with web cams. There is a microwave and refrigerator, as well as cabinet space for activities involving food. We have supplies for a mailing center with boxes from the USPS, brown wrapping paper and tape, as well as customs forms for preparing packages for mailing. We have three clocks showing the times at Bliss, in Korea and Iraq, all three locations of solders from our unit. There is a separate playroom for kids with toys, a TV and VCR, and another TV with a video game console. We have a wall of photographs of every FRG leader in the BDE so family members can identify their FRG leader. We are also working on adding the following items to the Center:

A resource library – we have many resources, working on space and shelves Permanent mail preparation center – again, we have the supplies, just need the space and furniture

High speed internet access for the computers and web cams Copy machine for FRG leaders to prepare for meetings and events Mail slots for each FRG leader.

Installation POC: Jennifer Evanko (Jennifer.s.evanko@us.army.mil)

Name of Activity: Volunteer Award and Incentive Program

**Description:** The 108<sup>th</sup> BDE has implemented a program designed to reward volunteers for their service to the unit and to encourage them to track and submit their hours, as well as to entice participation from those who have not volunteered before. The program has eight levels of awards, with different "award" items for each level. Some examples of the awards are pens, travel mugs, key chains and bags. Volunteers receive the different levels of awards based on the number of hours they submit for the tracking period. Throughout the tracking year, the hours are cumulative so that as the volunteer accumulates more hours, they receive higher level awards. The award items are personalized with the unit crest and most items contain the words "108th ADA Brigade Volunteer" and "XX hours" so that when the awardees use the items, others can see that this person is a dedicated volunteer, and that they are appreciated and have received "great stuff." So far, we have held one award ceremony and plan to hold another one in six months. Ultimately, the plan is to hold events quarterly and to add more details and more "great stuff" to the program. The brigade currently holds a golf tournament twice a year to fund BDE FRG activities, including volunteer recognition.

Installation POC: Jennifer Evanko (Jennifer.s.evanko@us.army.mil)

Name of Activity: Korea Rotation FRG Structure

**Description:** As part of the rotation schedule, a unit from Fort Bliss moved to Korea. The unit did not have a strong existing FRG structure before the rotation, and as with any deployment, many issues arose during the separation. Working in conjunction with the BN Commander of 1-7 ADA, we developed a system of oversight for the FRG groups of the batteries involved. The FRG leadership of the first returning battery was invited to the BN FRG meetings and events and were integrated into the 1-7 FRG early into the six month deployment. As the other three batteries were identified, we obtained contact information on the families to begin inviting them to the functions. Soldiers of these three units were sent as individual replacements, and therefore had no FRG support. The 1-7 BN held reintegration training for the family members of returning Soldiers and were able to identify possible volunteers to become FRG leaders for these returning units, while at the same time, preparing the family members of the departing units for the deployment. Since 1-7 BN has a very strong FRG with its existing units, the decision was made that the Family Readiness Groups will remain as they are before the deployment, and will continue to fall under the 1-7 BN for most of the duration of the oneyear tour in Korea. The four units will be returning to their original BN affiliation however, a smooth transition is expected for the families.

Installation POC: Jennifer Evanko (Jennifer.s.evanko@us.army.mil)

Name of Activity: Mini-FRG group

**Description:** A small number of Soldiers from different brigade units were deployed to Iraq. A separate "Mini-FRG" group was formed for these family members. The family members were encouraged to remain a part of their normal FRG to have the social support of the fully functioning FRG. The smaller group would provide them the emotional support of others going through the same experiences. An email list was established for these families whether or not they were in the local area, so that any information can be sent to everyone. The group meets monthly and has been a great success in terms of the support and encouragement they provide to each other. The BDE FRG leader and BDE Family Readiness Assistant also attend these

meetings to disseminate community and unit information and to answer any questions that come up.

Installation POC: Jennifer Evanko (Jennifer.s.evanko@us.army.mil)

Name of Activity: In-processing of New Soldiers

**Description:** The BDE has asked the individual unit representatives to add the BDE Family Readiness Assistant to the in-processing checklists for new Soldiers. Still a work in the progress the concept is to have those Soldiers who have come through the Family Readiness Center complete the Family Information sheet. They also receive FRG information to share with their families. The completed form is sent to the FRG leader, who also receives an email with the spouse's name and contact information so that the family can be immediately added to the chain of concern and contacted by the leader and/or a POC for the FRG. Another copy of the form remains at the Family Readiness Center for easy access in case of emergency. Once the program is fully operational, the Soldiers will be encouraged to bring their family members to the center to become familiar with the various support programs and services.

Installation POC: Jennifer Evanko (Jennifer.s.evanko@us.army.mil)

Name of Activity: Reception and Integration Program (RIP)

**Description:** The 31<sup>st</sup> ADA BDE has for a number of years inducted all Soldiers new to the brigade through a week-long training in the brigade unique Reception and Integration Program (RIP). Soldiers are familiarized with 31<sup>st</sup> Bde and Fort Bliss activities to facilitate a sense of unit identity. Each week the brigade FRG Assistant (FRGA) briefs on the brigade FRG to new Soldiers and their families. The FRGA provides contact information and the information of each Soldiers FRG leadership. Soldiers complete the Family Information sheet, which is sent to the FRG leader ,who contacts the family.

Installation POC: Shelly Crowley <a href="mailto:shelly.crowley@bliss.army.mil">shelly.crowley@bliss.army.mil</a>

Name of Activity: Family of One

**Description:** During deployment to Operation Iraqi Freedom, Family One Program was initiated to involve the families of single Soldiers in the FRG structure. Single Soldiers completed information sheets including the Privacy Act Statement with pertinent information on the Soldier and a family member or friend as a point-of-contact. One volunteer from the FRG was a liaison who called families of single Soldiers. The Soldiers contact person was kept informed of the Soldier's well-being, unit movements, and how to send care packages.

Installation POC: Shelly Crowley <a href="mailto:shelly.crowley@bliss.army.mil">shelly.crowley@bliss.army.mil</a>

Name of Activity: Single Parent Soldiers Association

**Description:** Fort Bliss is the Air Defense Center; ADA is the only combat branch is the US Army with females in line units. Concerns were voiced by single parent Soldiers who felt there was no structured support network in place to address their unique needs. The Fort Bliss FRG Site Manager was asked to be an advisor for the support network they established. The organization offers a setting where people going through similar experiences can share information and host speakers on a variety of single parenting topics, including family care plans and child custody>. The group has hosted picnics and movie nights and encourages the parents to bring their children for more opportunities for quality times.

Installtion POC: Melissa Ghikas melissa.ghikas@us.army.mil

### Location: Fort Bragg

Name of Activity: Airborne Attic

**Description:** The Army Community Service (ACS) is expanding the lending closet to include a donation center called the Airborne Attic. Soldiers and families may donate household items in good, useable condition to ACS. Donations may be taken to donation bins located both

on and off the installation, or call ACS to be scheduled for their monthly pick-up. Donators will receive a memo acknowledging their donation for tax purposes. Soldiers in need may select items from the Airborne Attic at no charge. It's cash and carry, without the cash. The Attic is intended to cater to families of E-4 and below, although any Soldier with a need may be served. The Airborne Attic is a response to an issue identified at the local Army Family Action Planning Conference. The installation command has supported the concept with a warehouse, funding and a position to staff the Attic.

Installation POC: Barbara Simpkins, (trowersb@bragg.army.mil),

Name of Activity: Spouse Translation Program

**Description:** ACS developed an outstanding Multi-cultural program that uses volunteers to translate and provide support to foreign spouses. Spouses request translation assistance through the ACS.

Installation POC:), Awilda Cordoba (awilda.reidcordoba@us.army.mil)

Name of Activity: "Shopping for College" Workshop

**Description:** A team of panelists consisting of a representative from the College Foundation of North Carolina (CFNC), a high school guidance counselor, admissions representatives from a community college, a private college, and a state-supported college fielded questions from the audience. The audience consisted of middle and high school students and their parents. A great "one stop shopping" information forum. The Shopping for College workshop is conducted annually; the next one is scheduled for Oct 05.

**Installation POC:** Karen Miller (millerkl@bragg.army.mil)

Name of Activity: Interviewing Skills for teens/Job Search Techniques

**Description:** Students participating in the camp counselors' course were given information on how to properly interview as a result of a partnership between School Liaison Services and the Employment Readiness Program. Parents and students alike were impressed with the presentation. The Interview Skills for teens is conducted twice a year. The Job Search Techniques for teens will be conducted in Jun 05.

**Installation POC:** Karen Miller (millerkl@bragg.army.mil)

Name of Activity: Youth Leadership Conference

**Description:** Youth Education Support Services (YESS) hosts a Youth Leadership Conference to assist youth between the ages of 13-18- develop leadership skills that will instill a spirit of community within them. The process first identifies the top three issues affecting military-connected youth and then goes into a series of workshops that is hands on and interactive.

**Installation POC:** Karen Miller (millerkl@bragg.army.mil)

Name of Activity: Employment Readiness Program

**Description:** ACS conducts Employment Orientations which are held the first Thursday of each month from 0900-1200 in the Fort Bragg Town Hall. Representatives brief spouses on educational, training and employment opportunities. Typical businesses that participate include First Command, Cape Fear Valley Health System, and home-based businesses. Spouses are also linked to the multiple employment agencies in Fayetteville that provide free services. In addition, spouses can use the Employment Securities Commission, the Women's Center of Fayetteville and the Hispanic Latino Center. Both offer training and English as a second language classes.

Installation POC: Trisha Thurston (Thurstontm@bragg.army.mil)

Name of Activity: Army Volunteer Corps

**Description:** The Fort Bragg Volunteer Services Office, a part of Army Community Service, developed a video for Fort Bragg volunteers, the agencies they serve, and contributions made to Soldiers and families. It is an excellent recruitment and recognition tool. Placement of this video on the installation web site provides prospective volunteers with an exciting glimpse of available positions in the Fort Bragg community.

Installation POC: Catherine Mansfield (mansfielca@bragg.army.mil)

Name of Activity: Army Volunteer Corps Website

**Description:** The Fort Bragg Volunteer Services Office, a part of Army Community Service, maintains an excellent web site where they post installation wide volunteer job opportunities by agency.

Installation POC: Catherine Mansfield (mansfielca@bragg.army.mil)

# Location: Fort Campbell

Name of Activity: The "READING WIZARDS" Club

**Description:** A reading club for 3rd, 4th, & 5th graders who enjoy reading the Harry Potter Series Books. The club meets three times a week and each child receives "book charms" incentives to put on their chain necklaces which are worn during the club meeting. Children are encouraged to take turns reading aloud and participate in discussions of the story.

**Installation POC:** Katy Eccles (katy.eccles@mwr.campbell.army.mil)

Name of Activity: "Share-a-Bag"

**Description:** These are bags full of information and activities for parents and children that address a family's individual needs. These bags can be checked out for two weeks and contain books/videos that address a specific topic; information sheets, pamphlets, frequently asked questions and answers; activities for parents and children; and a survey that addresses the usefulness of the bag. Examples are: "Potty Training 101" and "Bringing Home Baby."

**Installation POC:** Kristin Quigley (quigleyk@mwr.campbell.army.mil)

Name of Activity: Partnership with Better Business Bureau (BBB)

**Description:** Fort Campbell and the local BBB working together as a team resulted in the New Car Dealers of Clarksville Business Code of Ethics. This initiative eliminated ninety percent of consumer complaints being received from Soldiers by the Consumer Affairs Office. Additionally, more Soldiers became educated on buying cars and other large purchases. They also initiated the Insurance and Financial Professional Business Code of Ethics. This code of ethics not only helped educate Soldiers on different types of insurance it curtailed some of the unethical business practices.

**Installation POC**: Betty Geren (Betty.Geren@mwr.campbell.army.mil)

Name of Activity: A Family Banner

**Description:** The Child Development Center preschool room developed a "family banner" project that allowed the family to be creative, interact, and have lots of fun together as a family unit. Once completed, the banner is displayed in the room and both children and parents can relate to the time they shared together in its making.

**Installation POC:** Shirley Beard (shirley.beard@mwr.campbell.army.mil)

Name of Activity: Family Readiness Center

**Description:** Army Community Service (ACS) operates the Family Readiness Center which is part of the Mobilization/Deployment Program. Operation READY classes are well attended with four ½ day classes during the day and three evening classes held on alternating months. Mailboxes are setup for each registered Family Readiness Group (FRG) to facilitate distribution of community newsletters, flyers for local events and various other types of information helpful

to our families. We currently have 236 FRGs registered and we have trained Family Readiness Group Leaders.

**Installation POC:** Arthur Jones (<u>arthur.jones@mwr.campbell.army.mil</u>)

Name of Activity: CDC Caregiver Staff "Resumes"

**Description:** Members of the CDC caregiver staff prepare "autobiographical resumes" in which they share with parents their achievements, accomplishments, and qualifications. They also tell parents why they are so motivated and enjoy working with young children. Parents have expressed how this personal touch helps foster a closer relationship between the caregivers and the families.

**Installation POC:** Doris Johnson (doris.johnson@mwr.campbell.army.mil)

## Location: Fort Carson

Name of Activity: Family Advocacy Program Centers of Excellence (FAPCOE)

**Description:** Fort Carson is assessing the effectiveness of the Nurturing Parent Program on military children who witness violence by their parents. The Nurturing Parent Program is a nationally recognized program designed to improve parenting skills of young parents. This pilot project funded by CFSC will generate parenting strategies to be shared with other installations.

Installation POC: Jeanne Koss (jeanne.koss@us.army.mil)

Name of Activity: Army Community Service (ACS) Mobilization Support

**Description:** Service support includes the personal interview of all Soldiers during Soldier Readiness Processing (SRP) to query for family issues and concerns that would impair Soldier readiness or put families at risk. Additionally, all families are sent information packets on the military family support center. The Family Readiness Office for the 5025th Garrison Support Unit (GSU) USAR was activated in June 2001 to assist with the increased workload form this requirement. The activation order has been extended until 31 October 2004. Upon deactivation of the 5025th GSU reserve support for ACS and other installation support services supporting SRP functions, an installation contract will be in effect to continue the augmented support at the SRP site in support of Operation Iraqi Freedom III. ACS developed the installation Reunion Operation Order and executed all DCS tasks IAW DA instruction.

**Installation POC:** Judith Woolley (<u>judith.woolley@us.army.mil</u>)

### Location: Fort Dix

Name of Activity: State Support for Family Child Care (FCC) Providers

**Description:** As a result of a partnership with the State of New Jersey, FCC providers are eligible for financial help up to \$500 to make improvements in their home care operations to achieve accreditation. Providers can apply to go through this special program and receive money for equipment.

Installation POC: Cathleen Spiegel (cathy.speigel@dix.army.mil)

Name of Activity: Unit Stress Management Seminars

**Description:** Fort Dix Soldiers preparing for deployment have a new program to help them handle family separation. The ACS Family Advocacy Program offers four seminars on "Maintaining Family Connections During Deployment." One of the topics covers "Sustaining Your Marriage and Parenting From a Distance" as part of the effort to prepare the Soldier for the stress that could arise while away from home. Unlike other programs at ACS, this program is conducted near the main barracks area at the Installation Support Battalion conference room.

Installation POC: Joan Cole (joan.cole@dix.army.mil)

### **Location: Fort Drum**

Name of Activity: Family Readiness Center

**Description:** Army Community Service (ACS) operates the Family Readiness Center (FRC) 7 days a week and is the hub of family support, working closely with Rear Detachment Commanders and Family Readiness Group (FRG) leaders, to facilitate the prompt and thorough resolution of family emergencies/concerns. The FRC offers many services to support families of deployed Soldiers: including e-mail to deployed Soldiers, video e-mail, and video teleconferencing (VTC). The FRC offers a lounge with TV and VCR, a conference area for FRG meetings and classes, and free child care for families of deployed Soldiers, a small "home away from home" for families to gather and share experiences with other family members.

Installation POC: W. Karl Reuss (reussk@drum.army.mil)

Name of Activity: The Family Readiness/Operation READY program

**Description:** ACS operates the Family Readiness/Operation READY program which supports both active and reserve units and their families. As part of the Outreach program to-National Guard and Reserve Units and families, Ft. Drum Operation READY instructors and staff have traveled to Massachusetts, Albany and Buffalo, NY, and New Hampshire bringing Family Readiness Leader Training, Team Building Workshops as well as Reunion Workshops over the past month. The program continues to receive requests for this outreach support and Fort Drum sees this becoming a part of program services. More than 2500 families have participated in -Reunion workshops. **Installation POC:** W. Karl Reuss (reussk@drum.army.mil)

# **Location: Fort Hamilton**

Name of Activity: Infant Albums

**Description:** Whenever infants leave the care area to go to the next age group room or due to a PCS, albums are presented to parents that include photos of the baby on the start date and for milestones such as self-feeding, taking steps, and crawling. Also included are photos of the caregivers and classmates, and – on the last page – a graduation photo. Parents are delightfully surprised!

**Installation POC:** Irene Metzler (Irene.Metzler@us.army.mil)

Name of Activity: Preschool Children "Memory Box"

**Description:** Whenever preschool children leave the care area for the next age group or due to a PCS, a "Memory Box" is découpaged with photos taken during the time the child was enrolled, photos of classmates, and caregivers. Local tobacco shops donate the empty cigar boxes that are used.

**Installation POC:** Irene Metzler (Irene.Metzler@us.army.mil)

Name of Activity: Customer Service Info / Feedback

**Description:** Whenever a sponsor provides notification of withdrawing a child from the Child Development Center, a packet of information is prepared that includes the Health Assessment, immunization record, record of total payments made for that year, and the Tax ID number. The program director includes a personal note that mentions how the child and family will be missed and requests that the sponsor use the ICE website to rate the CDC services.

**Installation POC:** Irene Metzler (Irene.Metzler@us.army.mil)

#### Location: Fort Hood

Name of Activity: Share Your Special Projects Contest

**Description:** CYS Training Specialists sponsored a "Share Your Special Project" Contest. The contest, had installation child care staff provide a "show and tell" about the special projects they created, ranging from the making of patriotic quilts (then sent to troops in Iraq) to washable Baby Books (with computerized pictures printed on the cloth). The results of the contest were

two-fold: participants received great ideas for projects (expanding their skills base) and networked with other competitors (enhancing their inter-personal skills).

**Installation POC:** J. Yveta Phillips (jennifer.y.phillips@us.army.mil)

Name of Activity: Hood Howdy

**Description:** Hood Howdy operated by Army Community Service (ACS) is a well publicized innovative approach to the standard Newcomer Orientation Program. The Hood Howdy should be considered as a model for ACS and the Army.

Installation POC: Shirley Quick (shirley.crowder@hood.army.mil)

Name of Activity: Partnership with United States Department of Agriculture and Texas A&M

**Description:** The Army Community Service (ACS) partnership agreement with the United States Department of Agriculture (USDA) is a great asset to programs and services offered in the Fort Hood Community. The agreement provides personnel to conduct critical training in the areas of financial readiness and family advocacy.

Installation POC: Jeanie Barton (jeanie.barton@hood.army.mil)

Name of Activity: Volunteer Recognition Program

**Description:** The Lane Volunteer Center, operated by ACS, is home to the Army Volunteer Corps, which is the center of volunteer recruitment, referral, recognition, and advocacy efforts for Fort Hood. The AVC is a "win-win" for individuals and organizations. Volunteers are placed in a wide variety of positions with agencies and organizations –in both on and off-post communities. Through their volunteer service, individuals learn or enhance skills, get to know their community, build their resumes, and meet new people -. Anyone wishing to volunteer registers their resume; while organizations register their volunteer job descriptions with the Volunteer Center, whose staff will work to fill the positions with the right volunteers.

Installation POC: Doris Arnett (doris.Arnett@hood.army.mil)

**Name of Activity**: Implementation of Division—wide Video Tele-conferences (VTCs) for family members.

**Description:** The VTCs allow family members to communicate with deployed Soldiers at the Cavalry Soldier Family Readiness center. VTCs are coordinated and scheduled by forward units, who communicate with the Rear Detachment Commanders (RDC), who ensures the word gets to the family members. Each family is given the opportunity talk with their deployed Soldier for about 30 minutes. The sessions have proven to be a valuable resource in easing the stress of the deployment.

**Installation POC:** 1<sup>st</sup> Cavalry Division, G-6 office, LTC Joseph Layton (joseph.layton@1cd.army.mil)

Name of Activity: High School Graduation ceremony via Video teleconference (VTC) Description: The school districts in the surrounding Fort Hood area held a consolidated graduation ceremony with a live feed via VTC into Iraq. Deployed Soldiers whose child(ren) were graduating were scheduled to be in a central location to view the ceremony. When the graduating senior crossed the stage, the camera focused on both the student and parent allowing each to see the other as the diploma was awarded. Following the ceremony, each family was given a block of one-on-one VTC time to visit with their Soldier. The end result was a great morale booster for Soldiers and families who were able to share this milestone.

**Installation POC**: 1st Cavalry Division, G6 office, LTC Joseph Layton (joseph.layton@1cd.army.mil)

**Name of Activity:** Division Artillery 1<sup>st</sup> Cavalry Division - Panel Style Reunion Briefings for Family Members

**Description:** The Battalion (Bn) FRG leader, Brigade (Bde) and Bn Rear Detachment commanders and the Family Readiness Group Assistant, coordinated and assembled a panel comprised of representatives from the Family Advocacy Program (FAP), Combat Stress Team, Chaplains office, CFS, and the Rear Detachment Cdr to field questions on the Soldier reintegrating back into non-combat environment. The main issues of concern included the physical and mental condition of the returning Soldier; how to integrate our Soldier into everyday life; what are some "red flags" to be aware of; where to turn for assistance, and resources; and the most importantly what was the time line for their return. The briefings were conducted at battalion level. Forty families participated as well as the division and brigade commander's spouses. Families felt their family issues were important and were given consideration at the highest command levels.

**Installation POC**: April R. Griffith (april.griffith@us.army.mil )

## Location: Fort Huachuca

Name of Activity: Graduation Ceremony via Internet

**Description:** In cooperation with the local Buena High School, the Graduation Ceremony was recorded and transferred to a transmittable medium. The ceremony was then sent via Internet to deployed family members (both military and DoD civilians) so they could share in their youth's graduation. The concept applies to other "special events" such as proms, sporting events, and open houses.

**Installation POC:** Javier Barron (javier.barron@huachuca.army.mil)

### Location: Fort Irwin

Name of Activity: School Age Services (SAS) "Pet Week"

**Description:** During "Pet Week," SAS staff taught school age children about different animals as pets and what it takes to care for them. Children made homemade dog treats which were then delivered to the Fort Irwin Vet Clinic. The children toured the Clinic and also visited the Regimental Horse Stables. The finale of the week was a demonstration from a local dog breeder on agility, obedience, and show training.

**Installation POC:** Pam Hill (pam.hill@irwin.army.mil)

Name of Activity: Garden Oasis

**Description:** Working with staff, several Youth Center patrons transformed the back yard of the facility into a Garden Oasis by designing and constructing a sitting area with plants, benches, and a garden pond with a waterfall. Learning about aquaculture, landscaping, water upkeep, flow control and waterfall design, they now have a place to relax and socialize they helped to create.

**Installation POC:** Pam Hill (pam.hill@irwin.army.mil)

### Location: Fort Jackson

Name of Activity: Child and Youth Services (CYS) "Welcome Wagon"

**Description:** As part of its Youth Sponsorship initiative, CYS instituted a Welcome Wagon to greet children and youth new to the installation. When incoming parents register with Central Enrollment, they can request a visit by a group of School-Age Program children who come to the house with hand-sewn gift bags filled with age appropriate toys and school-related items as a welcome to the "new kid."

**Installation POC:** Beverly Metcalfe (metcalfeb@jackson.army.mil)

## Location: Fort Leavenworth

Name of Activity: "Hoop-It-Up" Basketball Tournament

**Description:** A newly initiated – now to be annual – 'Hoop-It-Up' basketball tournament was staged for child and youth teams and adult teams. There was no charge for the kids and every team that registered was accepted. Over 100 kids and an equal amount of adults attended. Local business sponsors provided food and drinks and each participant received a ticket to see the Harlem Ambassadors.

Installation POC: Chris Scanlon (chris.scanlon@leavenworth.army.mil)

# Location: Fort Leonard Wood

Name of Activity: "Hero Bears"

**Description:** ACS personally presents HERO Bears to Soldiers at the de-mobilization ceremony as a mechanism for ACS staff to informally talk about reunion issues/adjustments with Soldiers and families. The "Hero Bears" (TYCO Beanie Bears) are donated by the USO.

Installation POC: Lynn McGuire (lynn.mcguire@us.army.mil)

### Location: Fort Lewis

Name of Activity: Prevention Intervention Program (PIP)

**Description:** Through the combined efforts of the ACS Family Advocacy Program and the Social Work Service office, the PIP helps young families build successful marriages. The purpose of the PIP is to refer "at risk" couples for counseling before their behaviors escalate into violence. This program has been highly successful and has reduced the number of spousal abuse cases in the military community.

Installation POC: Billie Stewart (Stewart@lewis.army.mil)

Name of Activity: Lindsey's Project

**Description:** The Exceptional Family Member Program (EFMP) at Fort Lewis is testing the concept of assigning an EFM liaison to a deploying unit. The EFM Liaison is a volunteer who is also an EFM and member of the unit. As a member of the unit, the EFM liaison works with the Command and Family Readiness Group leadership to identify and support families with EFMs. Of 500 Soldiers deployed to the Joint Readiness Center, no Soldiers were returned for EFM issues, though five families were identified and assisted with serious EFM issues prior to the deployment. As a result, a formal study will be conducted with Brigades preparing for deployment participating; two Battalions will have an EFM liaison, two will not and will serve as the study control groups. All units will be followed through deployment to see how the EFM liaison works over a longer period of time in comparison the control groups. The Installation Management Agency (IMA) Northwest Region (NWR) will monitor the results of this project identified as "The Lindsey Project" after a special needs child in the community. Though very preliminary the Fort Lewis initiative is an excellent idea with great potential for the Army.

Installation POC: Harold Moyer (MoyerH@ria.army.mil)

Name of Activity: Personal Care Plan

**Description:** Army Community Service (ACS) has developed a "Personal Care Plan" booklet for single Soldiers. This Personal Care Plan is similar to the Family Care Plan, but is designed to help the single Soldier address personal issues before deployment.

**Installation POC:** Harold Moyer (MoyerH@ria.army.mil)

Name of Activity: Child "Step Aerobics" at the CDC

**Description:** The CDC preschool teacher leads the children in step aerobics once per week, as part of the indoor activities plan. This activity addresses concerns about young children and obesity, plus the children enjoy the music.

Installation POC: Molly Meyer (molly.meyer@lewis.army.mil)

Name of Activity: CDC Caregivers Support Group

**Description:** CDC staff who have deployed spouses have banded together as an internal support group that meets once a month, goes out to dinner to talk and socialize, and demonstrates that caring for each other -goes beyond the work day.

**Installation POC:** Molly Meyer (molly.meyer@lewis.army.mil)

## Location: Fort Monroe

Name of Activity: Family Day at King's Dominion

**Description:** As part of the Hampton Roads Joint Service Council, Fort Monroe has established a partnership with USO to give chronically ill and terminal Exceptional Family Members and their families a day at King's Dominion Park.

**Installation POC:** Rickey Cooper, (coopers@monroe.army.mil)

# Location: Picatinny Arsenal

Name of Activity: School Age Services Computer Challenge

**Description:** Fifteen educational computer activities were selected for school age youths. Each day the youths came into the computer lab they could complete another activity. The youth competed against one another to earn a prize. Progress was shown on a wall size game board, with pictures of the youth as game pieces. Result was increased enthusiasm to participate in computer lab activities.

Installation POC: Jessica Williams (jeswill@pica.army.mil)

### Location: Pine Bluff Arsenal

Name of Activity: Pine Bluff Arsenal (PBA) CHILD ABUSE AWARENESS RUN/WALK Description: Pine Bluff Arsenal ACS/FAP has increased Child Abuse Awareness for eight (8) consecutive years, by holding an Annual Run/Walk event, involving military and civilians from Pine Bluff Arsenal and the surrounding communities. Posters, e-mails, flyers, and PSA's announce the event, and over the years it has gained support. PBA Commanders, SGMs, and even Arkansas State Senators & Representatives have been participants in the past. In 2005, PBA ACS/FAP was approached by local agencies (Children's' Advocacy Center, Voices for Children, Jefferson Regional Medical Center, and parts of local ministerial alliance) to collaborate to hold the Run/Walk in conjunction with a new, larger event—the Kids' Fest in White Hall, Arkansas. The attendance was remarkable for a first year, with a crowd of approximately 3,000. It was at this event that the ACS/FAP had a broader audience to address Child Abuse issues, as well as let the broader community know we are proactive in our Responsibilities to our youth and our families.

**POC:** Jerry Pye (jerry.pye@pba.army.mil)

#### Location : Fort Polk

Name of Activity: AFTB "Super Saturdays"

**Description:** Army Family Team Building offers Level I Training in one day. Providing the opportunity to encourage couples to attend together and get the training that will help them successfully maneuver through the military lifestyle. Limited free childcare is available and refreshments provided by Commercial Sponsorship.

Installation POC: Catherine Scott, Volunteer Program Manager (aftb@polk.army.mil

Name of Activity: AFTB "Night Owl"

**Description:** Army Family Team Building offers Level I, II and III in the evening; one Level Training per quarter. It provides the opportunity for those that work during the day to take our classes in the evening and get the training that will help them successfully maneuver through the military lifestyle. Limited free childcare is available and refreshments provided by Commercial Sponsorship.

Installation POC: Catherine Scott, Volunteer Program Manager (aftb@polk.army.mil

Name of Activity: American Red Cross "Couch to 5K" fundraiser

**Description:** The "Couch to 5K" program is a training regimen for beginner runners. The American Red Cross provides mentors for potential runners, and the entire group meets once a week for a group run. Each member is given a specific running schedule that lasts for 10 weeks, beginning in September and culminating at the Annual Turkey Trot 5K and Kid's Fun Run the weekend before Thanksgiving in November. Members of the Fort Polk community who participate are asked to raise a minimum of \$100 in exchange for the training; their race fee is waived and each member receives a T-Shirt.

Installation POC: Beth Holt (beth.holt@cen.amedd.army.mil)

Name of Activity: Deployment Survival Workshop

**Description:** The Army Community Service Deployment and Mobilization Readiness Program began a Deployed Spouses Workshop entitled "I Will Survive!" in December 2003. The focus of the workshop was aimed at assisting family members of deployed Soldiers identify the effects of stress and depression on the body and mind, learn coping techniques, beat the holiday blues and provide an outlet for fun and entertainment. Information booths containing pamphlets about ongoing programs and services as well as upcoming events were set up so family members could choose those classes that met their particular needs. Onsite childcare was provided and participants sat, talked, cried, and danced while relieving tension, easing stress and making memories. Class topics ranged from "Superwoman - Take Off Your Cape", and the "Art of Scrap booking" to "How to Identify and Win the Battle Against Depression" and "Holiday Magic." Classes were taught by installation and community personnel.

Installation POC: Shawn Williams (williamss@polk.army.mil)

Name of Activity: Military Family Affair

**Description:** Fort Polk Directorate of Morale, Welfare and Recreation (DMWR) hosts a Military Family Affair every November. The event is free to Soldiers and their family members, and consists of free food, door prizes, children's games, crafts, and children's entertainment. The event ends with a balloon release in the parking lot in honor of Fort Polk deployed Soldiers.

**Installation POC:** Shelby Sarver (shelby.sarver@polk.army.mil)

Name of Activity: Louisiana Home Front Celebration

**Description:** Community Relations along with Directorate of Morale, Welfare and Recreation (DMWR) hosted a Welcome Home Celebration for all of Louisiana's troops. The event was attended by over 30,000 Soldiers, families, and civilians. In cooperation with the local communities and title sponsors the event was free and all of the Soldiers and their families were treated to free food, free entertainment, and a special tribute.

**Installation POC:** Shelby Sarver (shelby.sarver@polk.army.mil)

Name of Activity: Weekly Newcomer's Orientation

**Description:** ACS and Directorate of Morale, Welfare and Recreation (DMWR) hosts a Weekly Newcomer's Orientation to welcome new Soldiers and their families to post. With cooperation from Corporate Sponsors the Soldiers and their families are provided breakfast, lunch and door prizes. The Soldiers and their families are briefed on ACS programs, post wide facilities, and MWR programs. Child care is provided for attendees.

Installation POC: Shelby Sarver (shelby.sarver@polk.armv.mil)

# Location: Fort Riley

Name of Activity: Family Readiness Center

**Description:** Located within the ACS center and manned by rear detachment personnel from each deployed Battalion (BN) size unit. It is a 24/7 operation, and the unit rear detachment

staff are available to families, and deployed Soldiers, at no additional personnel cost to the installation. The rear detachment staff forward morale calls and are in touch with the deployed unit. By being located in the ACS center, the staff of the family readiness center can coordinate easily with all the ACS programs, other service organizations, the rear detachment staffs, and the families. ACS provides on-going training to the rear detachment personnel; and meeting space is also available for Family Readiness Group (FRG) meetings.

Installation POC: Pearl Speers (Speersp@riley.army.mil)

Name of Activity: Soldier and Family Support Center

**Description:** A former recreation center serves as the - Soldier and Family Support Center, housing ACS. Centrally located in the troop area near the main Post Exchange and a major housing area; the center allows easy access to Soldiers and families and provides for the co-location of key service organizations, such as the American Red Cross (ARC), Army Emergency Relief (AER), the Women Infant and Children's office, FAP, the Army Volunteer Corps Coordinator, and the Army Substance Abuse Program. The facility provides a positive environment that promotes Soldier and family well-being without any stigma associated with accessing social services.

Installation POC: Pearl Speers (Speersp@riley.army.mil)

Name of Activity: Family Child Care (FCC) Summer Volksmarch

**Description:** FCC providers and children meet for a summer Volksmarch in a quiet wooded area with paths located near the golf course. Several outdoor group games and activities start off the morning and help the kids get acquainted. Walkers earn a sticker at each activity station and prizes were awarded to all walkers completing the Volksmarch. A picnic lunch and beverages were served at the end of the march.

Installation POC: Kay Forman (kay.forman@riley.army.mil)

## Location: Rock Island Arsenal

Name of Activity: VA Briefings

**Description:** Rock Island Arsenal is providing briefings and meeting space support to Illinois and Iowa Reserve and National Guards' Family Readiness Groups. ACS hosts a representative from the Veterans Administration at ACS once a month to assist Soldiers with enrollment and benefit entitlements.

**POC:** Penny Dixon (<u>dixonp@ria.army.mil</u>)

Name of Activity: Child and Youth Services (CYS) "Love Luggage"

**Description:** The installation CYS program collected almost 100 pieces of luggage/book bags (many "gently used", some new) for use by local foster children. Typically, foster children move from home to home with their few belongings in plastic trash bags and have nothing for their school books. The School-Age Program children help clean, repair, and decorate the luggage as part of the Character Counts program. The goal is to give every foster child in the area a suitcase or book bag of their own.

**Installation POC:** Nancy Swartout Lawson (lawsonn@ria.army.mil)

### Location: Fort Rucker

Name of Activity: Spybotics

**Description:** School Age/Middle School Youth and teens embraced a 4-H Technology Club project that allows them to design, build, and program Lego robots. At the conclusion of the week-long class, youth take their robotic creations to the gym where they must maneuver their "Spybots" through an obstacle course they've programmed into their vehicles. Other youth come to watch and cheer on the competitors.

Installation POC: Pam Williams (WilliamsP@rucker.army.mil)

### Location: Fort Stewart

Name of Activity: Parent University

**Description:** Parents attended Parent University, a series of classes sponsored by the Fort Stewart and Hunter Airfield School Liaison Officer. Classes are designed to help mothers and fathers get to know their children's needs and behaviors and learn to deal with them in a healthy and productive fashion. The University's focus was not only on what the parents could learn from the instructors, but on what parents could learn from each other through their involvement in the classes. Pulaski Elementary School was selected rather that Fort Stewart because it is centrally located in the community, thus reducing some of the obstacles that might be in the way of parents' attendance.

**Installation POC:** Dave Smith (Smithd@stewart.army.mil)

Name of Activity: Annual "Best Garden" Competition

**Description:** Children from all age groups plant a garden on their respective playground areas of the Child Development Centers. Three community members serve as judges. Each age group receives recognition for their hard work and each garden is given its own winning title (i.e., the Butterfly Garden, the Green Garden, etc.).

**Installation POC:** Dagmar Peguero-Olinger (darmar.pegueroolinger@us.army.mil)

Name of Activity: "Adopt a Gate"

**Description:** Children and youth from all CYS programs (Middle School/Teen; School Age Services; and Child Development Services) visit the installation's entry control gates and show their appreciation to the Military Police and Security Guards by providing them refreshments.

**Installation POC:** Dagmar Peguero-Olinger (darmar.pegueroolinger@us.army.mil)

Name of Activity: Crisis Action Team

**Description:** Brigade or Division Level Teams respond to the request of the Rear Detachment Commander (RDC) by providing assistance to the family after the official casualty notification is made. The teams consist of senior level FRG leaders, who are trained in crisis response techniques and assistance. Fort Stewart ACS developed the training curriculum and coordinates the training schedule with the chaplains, legal assistance and casualty affairs. The Crisis Action Teams are based upon the Fort Hood model also used in Hawaii.

Installation POC: Lucia Braxton (<u>lucia.braxton@stewart.army.mil</u>)

Name of Activity: Army Community Service Partnership with Wal-Mart

**Description:** The local Wal-Mart provides a "Deployment Bulletin Board" in the store with deployment and family support information. This outreach effort provides valuable information to military families who don't live on the installation.

Installation POC: Lucia Braxton (lucia.braxton@stewart.army.mil)

# Location: U.S. Army Garrison-Michigan (Selfridge)

Name of Activity: "Provider Incentive"

**Description:** To increase the number of Homes Off Post and to find qualified licensed providers, a "child placement bonus" is offered. Providers receive a "one time per family" \$200 (along with their first subsidy payment) when they have gone through the installation Family Child Care training program. This initiative has been successful in our area.

Installation POC: Amy Sicken (sickena@tacom.army.mil)

## Location: United States Military Academy (USMA), West Point

Name of Activity: Bike Rodeo

**Description:** Annual event with USMA Youth Services, Provost Marshal Office, USMA Military Police, and MWR to educate the community about benefits of bicycle safety and security. Bicycles are registered and inspected; and children/youth were certified in bicycle operation and safety. Activities included a law enforcement bike patrol demonstration and a visit from "McGruff, the Crime Dog." A small prize is offered to every child/youth attending the Rodeo.

**Installation POC:** Heidi Smith (Heidi.Smith@usma.edu)

# **OCONUS LOCATIONS:**

# Location: Heidelberg

Name of Activity: Child Development Center (CDC) Vegetable Garden

**Description:** Kindergarten children at the Patrick Henry Village CDC planted a vegetable garden in the courtyard of the building. Parents helped the children clean and prepare the soil and then the children and teachers planted, watered, and weeded the garden. Children then prepare foods for "Summer Around the World" theme using vegetables from their own garden.

Installation POC: Pam Primmer (primmerp@26asg.heidelberg.army.mil)

Name of Activity: "Comfort Pillows"

**Description:** School Age Services fifth-graders are creating "comfort pillows" made from recycled BDUs and colorful quilting swatches donated by the Thrift Shop. The pillows are given to children of deployed parents.

**Installation POC:** Pam Primmer (primmerp@26asg.heidelberg.army.mil)

# Location: Landstuhl

Name of Activity: Multicultural Tin Types

**Description:** Children in the School Age Services program design sets and dress up in costumes to take pictures. Child learn about different cultures, enhance creative skills designing the sets and choosing the costumes – in addition to learning about photography and creating an "old time" style photo.

Installation POC: Steve Pelletier (Steven.Pelletier@cmtymail.26asg.army.mil)

### Location: Schweinfurt

Name of Activity: Family Advocacy Program

**Description:** The Army Community Service Family Advocacy Program signed a Memorandum of Understanding (MOU) between the 280<sup>th</sup> BSB and the Bad Kissingen City Youth Authority. The MOU addresses the management and operational issues surrounding the involuntary removal or out of home placements in cases of child abuse or neglect.

POC: Clara Schueler (Clara.Schueler@cmtymail.98asg.army.mil)

Name of Activity: Army Community Service (ACS) Center

**Description:** The ACS Center has an outstanding system of providing accurate, up-to-date information for clients and the community. ACS updates and prints a family "Smart Book" and a community telephone directory every six months. A community "Helping Services" group meets quarterly under ACS sponsorship and updates the data.

**POC:** Clara Schueler (Clara.Schueler@cmtymail.98asg.army.mil)

## Location: Wiesbaden

Name of Activity: Deployment Support for Families

**Description:** Army Community Service (ACS) utilized six consultants to provide assistance to families as a result of the redeployment of service members to IRAQ. One counselor each has been assigned to ACS FAP, CYS/Schools, Army Substance Abuse Prevention (ASAP), and

Chaplaincy. The counselors are scheduled to serve for 30 days with a possibility of extensions during the surge of returning Soldiers during Jul - Sep 04 timeframe.

**POC:** Gwen Kourrari (gwen.kourrari@us.army.mil) (Family Life Coaches????)

## Location: Schweinfurt & Wiesbaden

Name of Activity: Yellow Ribbon Rooms (YRRs)

**Description:** The Yellow Ribbon Room is a place where families of deployed Soldiers can gather for meetings, receive the latest information, and socialize with other family members. The facility is open to meet the needs of the greatest number of families, often in the evenings for working spouses. The facility may contain computer equipment with web and e-mail access to facilitate family member communication with the deployed Soldier; video teleconferencing equipment linking on a coordinated schedule, with the deployed unit. The room may be controlled and manned by either Army Community Services, or the major deployed unit's rear detachment, or a combination of both. In Europe, the Yellow Ribbons rooms will also be the primary locations for new WEB-CAM setups. Four computers with cameras, totaling 120, compatible with the Cyber Huts in Iraq and Afghanistan, are scheduled for installation in all ACS centers or YRRs by the end of Sep 04.

**POCs:** Bernard Walker (<u>walkerb@ima-e.army.mil</u>); Kimberly Combs (Kimberly.combs@hq.hqusareur.army.mil)

## Location: Korea Region

Name of Activity: Family Readiness Group Rally

**Description:** Army Community Service (ACS) staff and volunteers, organized, marketed and conducted FRG Rallies throughout the Korean Peninsula to promote the importance of FRGs. This necessitated providing attendees with "something for everyone". There were recipe exchanges, drawings, bands, Tae Kwon Do demonstrations, face painting, balloon animals, puppet shows and, of course, lots of food. While the activities varied between one Area and another, each Area had representatives from the many support agencies and commands, such as the U. S. Embassy, American Red Cross, Legal, to answer questions and NEO (Noncombative Evacuation Office) personnel to teach parents the correct way to put masks on children. Each Area also had sign-in sheets and provided participants with evaluation forms. Feedback on the rallies was high and positive. ACS personnel made face-to-face contact with numerous FRG leaders and some very small FRGs were "adopted" by larger ones. Plans are now underway to hold the next peninsula-wide rally in early fall after the major PCS movements in summer.

**MACOM POC:** Margaret Merrill (Margaret.merrill@korea.army.mil)

## Location: Camp Hialeah

Name of Activity: Child Development (CD) Home

**Description:** A small Army community had command-sponsored families, but no child care options available for children birth to 5 years of age. The CD Home is a combination of Family Child Care and center-based care that offers hourly and full-day care in the home-like environment of an unoccupied family housing unit. The CD Home operates in accordance with Army guidance to meet health and safety requirements.

Installation POC: Tracy Roysdon (Tracy.Roysdon@korea.army.mil)

### Location: Camps Casey/Red Cloud

Name of Activity: 2ID / Korea Family Assistance Center Toll Free Number

**Description:** The Korea Region Area 1 Family Assistance Center, managed by ACS, has a toll-free telephone number to provide assistance to the families of the 2d Brigade Combat Team of the 2d Infantry Division deployed from South Korea to Iraq.

**Installation POC:** Margaret Merrill(Margaret.merrill@korea.army.mil)

Name of Activity: 2ID Virtual Family Readiness Group (vFRG)

**Description:** The 2ID families and volunteer FRG leaders are dispersed across the United States, and several foreign countries. This vFRG will provide the Rear Detachment Commanders and the FRG leaders with the tools to establish critical linkages between the families and the unit. ACS is developing a web-based Virtual Family Readiness Group (vFRG) system for the 2d Brigade, 2d Infantry Division, in support of their deployment from Korea to Iraq. The vFRG is designed to provide timely, relevant, and accurate information, as well as a conduit to family support services for Army families at the company and above levels. The Brigade and Battalion Rear Detachments will be based in Korea, and this vFRG will facilitate the communication with, and accountability of the Brigade's families. The URL for the 2d Brigade's vFRG is www.DesertStrike.ArmyFRG.org.

**Installation POC:** Margaret Merrill(Margaret.merrill@korea.army.mil)

# Location: Camp Walker

Name of Activity: "Positive Warning" Cards for School Age Kids

**Description:** "Positive Warning" cards are printed on heavy card stock and handed out by School Age Services staff whenever they see a child exhibiting "positive" behaviors. The child can take this positive report to his or her parents and hopefully generate productive behavior and attitudes at home as well.

**Installation POC:** Rob Nott (nottr@34sg.korea.army.mil)

## Location: Camp Zama

Name of Activity: 4-H Technology Club

**Description:** The cornerstone of the Youth Technology Lab is the 4-H Technology Club – a group of tech-savvy teens that maintains the Youth Center's web site and adds the "techno touch" to many aspects of the CYS program. Recently the club provided digital video production at the Youth Center's Saturday night dance.

Installation POC: Ervin Lawrence (Ervin.Lawrence@zama.army.mil)

### Location: Fort Richardson

Name of Activity: 4-H Entrepreneurial Club

**Description:** The Entrepreneurial Club runs the "School Age Services (SAS) Store" where club members interview for positions, have weekly business meetings, create a business plan, and conduct inventories. They also receive "SAS bucks" for the different jobs they do in the club and can buy things using the SAS bucks that they have earned. Parents support the program by helping to find businesses to donate items for the store.

**Installation POC:** Deborah Hopper (Deborah.Hopper@richardson.army.mil)

### Location: Fort Wainwright

Name of Activity: Swing Into Spring

**Description:** The Arts & Crafts center gave a plastic daisy link bracelet to customers. Each time a customer came into the Arts & Crafts center a link from the daisy link bracelet was used in exchange for shop fees. This allowed customers up to 8 free visits. Purpose of program was to break the "Cabin Fever Blues."

**POC:** Joanne Langseth (joanne.langseth@wainwright.army.mil)